

Thrive with Isabelle™
Healthy Eating, Built for Life.

Between-Meals Bites



A Little Can Go a Long Way

Thrive is built around three balanced, satisfying meals each day. There's no need to schedule snacks or plan additional eating occasions.

But sometimes, between meals, you just want a little something.

And that's okay!

One of the things I've learned along the way is that **a few thoughtful bites can be surprisingly satisfying.**

Sometimes, between breakfast and lunch, I'll walk into the kitchen and have a bite of leftovers, a few olives, a couple of strawberries, or three to five grapes. Other times, it's a small handful of blueberries.

That's all I need.

I don't do this every day, but I do it when I feel I need something. And it hasn't interfered with my progress.

The important lesson is that **you don't always need an entire snack to satisfy a little hunger.**

Give Yourself Options

Having a few simple choices available can make healthy eating feel much less restrictive.

Instead of feeling deprived or reaching for a handful of cookies, try something small and satisfying:

- A few grapes or berries
- Two or three olives
- A bite or two of leftovers
- A few cucumber slices or cherry tomatoes
- A couple of nuts
- A small piece of fresh fruit

There's no need to eat something from this list every day. These are simply options for those moments when a little something sounds good.

Sometimes, a Glass of Water Is All You Need

Before reaching for a little something, try drinking a glass of water.

Sometimes thirst can feel like hunger, and a refreshing glass of water may be all you need.

If you're still genuinely hungry afterward, enjoy a few bites of something you like. There's no need to ignore your hunger or feel deprived.

The goal is to recognize what your body needs and respond thoughtfully.

Plan Ahead

A little preparation can make all the difference, especially when you're away from home.

If you're going to work, running errands, or traveling, consider bringing a few grapes, some berries, a small portion of nuts, or another easy option you enjoy.

That way, when you want a little something, you already have a choice available.

Remember

A little can go a long way.

The goal isn't to eliminate every bite between meals. It's to learn how to recognize what you need, make a thoughtful choice, and feel satisfied without turning a small moment of hunger into another meal.

That's part of making healthy eating work in real life.

— Isabelle

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